

List of All Chemicals

P Coix lacryma-jobi (Poaceae)

Common name(s)

Yi-Yi-Ren; Job'S-Tears; Adlay Millet; Adlay

How used

Food

*Unless otherwise noted all references are to Duke, James A. 1992. Handbook of phytochemical constituents of GRAS herbs and other economic plants. Boca Raton, FL. CRC Press.

Chemical	Plant Part	Low PPM	High PPM	StdDev	*Reference
2,4-DIHYDROXY-7-METHOXY-2H-1,4-BENZOXAZINE-3-ONE	Sprout Seedling	--	--		Hutchings, A, Scott, AH, Lewis, G, and Cunningham, A. 1996. Zulu Medicinal Plants. An inventory. University of Natal Press, Pietermaritzburg. 450 pp.
2-(2,4-DIHYDROXY-7-METHOXY...BETA-D-GLUCOPYRANOSIDE	Sprout Seedling	--	--		List, P.H. and Horhammer, L, Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
2-(2-HYDROXY-7-METHOXY-1,4(2H)...GLUCOPYRANOSIDE	Sprout Seedling	--	--		List, P.H. and Horhammer, L, Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
2-HYDROXY-7-METHOXY-1,4(2H)-BENZOAZIN-3-ONE	Root	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
2-O-GLUCOSYL-7-METHOXY-1,4(2H)-BENZOAZIN-3-ONE	Root	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
4-KETOPINORESINOL	Pericarp	--	--	*	

Activities (2)

Antioxidant EC50=48-57 ug/ml

Antiradicular EC50=48-57 ug/ml

6-METHOXY-BENZOAZOLON	Plant	--	--	*
ADENOSINE	Seed	--	--	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.

Activities (28)

Analgesic

Antiaggregant

Antiarrhythmic Merck 11th Edition

Antidiuretic LAWSON in Koch, H. P. and Lawson, L. D., eds. 1996. Garlic- The Science and therapeutic application of Allium sativum L. and related species. Williams & Wilkins, Baltimore. 329 pp.

Antiendotoxic 500 mg/kg ipr mus Borchard, R. E., Barnes, C. D., and Eltherton, L. G. 1991. Drug Dosage in Laboratory Animals: A Handbook. (3rd Ed.) The Telford Press, Inc., P. O. Box 287, Caldwell NJ 07006.

Antihypertensive LAWSON in Koch, H. P. and Lawson, L. D., eds. 1996. Garlic- The Science and therapeutic application of Allium sativum L. and related species. Williams & Wilkins, Baltimore. 329 pp.

Antiinsomniac

Antilipolytic

Antispasmodic

Antitachycardic 50-250 ug/kg/ivn Martindale's 29th

Anxiolytic

Arteriodilator

Glucagonogenic LAWSON in Koch, H. P. and Lawson, L. D., eds. 1996. Garlic- The Science and therapeutic application of Allium sativum L. and related species. Williams & Wilkins, Baltimore. 329 pp.

Hypocholesterolemic LAWSON in Koch, H. P. and Lawson, L. D., eds. 1996. Garlic- The Science and therapeutic application of Allium sativum L. and related species. Williams & Wilkins, Baltimore. 329 pp.

Hypoglycemic

Hypotensive LAWSON in Koch, H. P. and Lawson, L. D., eds. 1996. Garlic- The Science and therapeutic application of Allium sativum L. and related species. Williams & Wilkins, Baltimore. 329 pp.

Immunomodulator

Insulinic

Laxative

Lipolytic LAWSON in Koch, H. P. and Lawson, L. D., eds. 1996. Garlic- The Science and therapeutic application of Allium sativum L. and related species. Williams & Wilkins, Baltimore. 329 pp.

Myorelaxant Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.

PAF-Inhibitor IC50=90 nM

PAF-Inhibitor 0.024 ug/ml

hmn	Dipyridamole. <i>Acta Physiol Scand</i> , 129(3): 387-391.
Respirastimulant	Martindale's 29th
Secretomotor	
Sedative	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Vasodilator	

ALPHA-MONOLINOLEIN	Plant	--	--	*
Activities (1)				
Antitumor-Promoter				
ASCORBIC-ACID	Seed	--	--	-0.34 CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Activities (112)				
Acidulant FEMA 6,000	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry			
Aldose-Reductase-Inhibitor	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reservse insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95			
Analgesic 5-10 g/day				
Angiotensin-Receptor-Blocker				
AntiAGE 2,000 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reservse insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95			
AntiCFS 500-1,000 mg				
AntiCTS 1,000 mg 3x/day				
AntiCrohn's 50-100 mg/day/orl/man	Martindale's 29th			
AntiLyme 500-2,000 mg				
AntiRaynaud's 500 mg 1-2x/day				
Antiaggregant	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reservse insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95			
Antiaging 400 mg/day				
Antiallergic				
Antialzheimeran 2,000-6,000 mg/day				
Antiarthritic 0.2-1 g/day				
Antiasthmatic 1,000 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.			
Antiatherosclerotic				
Antibacterial	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.			
Anticataract 350 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.			
Anticataract 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reservse insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95			
Anticataract 1 g 3x/day				
Anticervicaldysplastic 1,000-2,000 mg/day				
Anticlimacteric 500-5,000 mg/day				
Anticold 1-2 g/man/day				
Antidecubitic 500 mg/man/2x/day	Martindale's 28th			
Antidementia				
Antidepressant 2,000 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.			
Antidiabetic	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reservse insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95			
Antidote (Aluminum)	Economic & Medicinal Plant Research, 6: 189.			
Antidote (Cadmium)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.			
Antidote (Lead)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.			
Antidote (Paraquat)	Martindale's 28th			
Antieczemic 3.5-5 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.			
Antiedemic 1 g/man/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.			
Antiencephalitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.			
Antiendometriotic 2,000 mg/day				
Antifatigue 500-1,000 mg				
Antifibrotic 1,000-2,000 mg				
Antigallstone 1,000-3,000 mg/day				
Antigastritic				
Antigingivitic				
Antiglaucomic 2 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.			
Antihangover 1,000 mg				
Antihemorrhagic 1 g/man/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.			
Antihepatitic 2-6 g/man/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.			
Antihepatotoxic	Economic & Medicinal Plant Research, 6: 189.			

Antihistaminic 2 g/day orl man	
Antihypertensive	
Antiinfertility 1 g/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antiinflammatory	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine</i> . John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antileptic 1.5 g/man/day	Martindale's 28th
Antilithic 1,000-3,000 mg/day	
Antimaculitic	
Antimeasles	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antimenopausal 500-5,000 mg/day	
Antimigraine	Martindale's 29th
Antimutagenic	Economic & Medicinal Plant Research, 6: 235.
Antineuramidase	
Antinitrosic 1 g/man/day	Martindale's 28th
Antiobesity 1 g 3x/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antiorchitic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antiostearthritic 1 g 2x/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antiosteoporotic 500 mg/day	
Antioxidant 100 ppm	
Antiparkinsonian 1 g 2-3x/day	
Antiparotitic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antiperodontitic 1 g 2x/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.
Antipneumonic	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine</i> . John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antipodriac	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antipoliomyelic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antipyretic	Economic & Medicinal Plant Research, 6: 189.
Antiradicular	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Antiretinotic	
Antirheumatic	
Antirhinitic 1,000 mg 3x/day	
Antiscorbutic 10 mg/man/day	Martindale's 28th
Antiseptic MIC=3.3-217 mg/ml	Martindale's 28th
Antiseptic 4-8 g/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Antishingles	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Antispasmodic 500-5,000 mg/day	
Antistress 500-1,000 mg	
Antisyndrome-X 1-4 g/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Antitumor (Gastric)	
Antitumor (Lung)	
Antiulcer	
Antiviral 1-5 g/day	
Apoptotic 1-10 mM	
Asthma-preventive 1,000 mg/day/orl	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine</i> . John Bastyr College Publications, Seattle, Washington (Looseleaf).
Beta-Adrenergic Receptor Blocker	
Beta-Glucuronidase-Inhibitor 1.5 g/day/man	
Calcium-Antagonist	
Cancer-Preventive	Stitt, P. A. <i>Why George Should Eat Broccoli</i> . Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Cardioprotective	
Cold-preventive 1-2 g/day	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Collagenic	
Detoxicant	
Diuretic 700 mg/man/orl	
Fistula-Preventive	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine</i> . John Bastyr College Publications, Seattle, Washington (Looseleaf).
Hypocholesterolemic 300-1,000 mg/day	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Hypoglycemic	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Hypotensive 1,000 mg/man/day	
Immunomodulator	
Immunostimulant	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reserve insulin resistance</i> . John Wiley & Sons, New York. 272 pp. \$24.95
Interferonogenic	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine</i> . John Bastyr College Publications, Seattle, Washington (Looseleaf).
Lithogenic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.
Mucolytic 1 g/woman/day	Martindale's 28th

Uricosuric 4 g/man/day	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Urinary-Acidulant	Martindale's 29th
Vasodilator	
Vulnerary	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

BENZOXAZINOIDS	Seed	--	--	Hutchings, A, Scott, AH, Lewis, G, and Cunningham, A. 1996. Zulu Medicinal Plants. An inventory. University of Natal Press, Pietermaritzburg. 450 pp.
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Activities (2)

Antihistaminic	Hutchings, A, Scott, AH, Lewis, G, and Cunningham, A. 1996. Zulu Medicinal Plants. An inventory. University of Natal Press, Pietermaritzburg. 450 pp.
Antiinflammatory	Hutchings, A, Scott, AH, Lewis, G, and Cunningham, A. 1996. Zulu Medicinal Plants. An inventory. University of Natal Press, Pietermaritzburg. 450 pp.

BETA-CAROTENE	Seed	--	--	-0.43	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
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Activities (53)

Allergenic	
Androgenic?	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
AntiPMS	
Antiacne	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiaaging	
Antiarthritic	
Antiasthmatic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Anticancer	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.
Anticarcinomic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Anticervicaldysplastic	
Anticorony 50 mg/man/2 days	
Antihyperkeratotic	
Antiichthythic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antileukoplakic	
Antilipoperoxidant IC71=50 ug/ml	
Antilupus 150 mg/man/day/2 mos	Martindale's 28th
Antimaculitic	
Antimastitic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antimutagenic	Economic & Medicinal Plant Research, 6: 235.
Antioxidant	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiozenic	
Antipapillomic	
Antiphotophobic 30-300 mg/man/day	Martindale's 29th
Antipityriasic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiporphyrin 30-300 mg/man/day	Martindale's 28th
Antiproliferant	Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.
Antipsoriac	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiradicular	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antirheumatic	
Antistress	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antitumor	Simon, P.W. Carrots and Other Horticultural Crops as a Source of Provitamin A Carotenes. HortScience, 25(12): 1495, 1990.
Antitumor (Breast) IC45=60 ug/ml	
Antitumor (CNS) IC43=45 ug/ml	
Antitumor (Colon) IC43=45 ug/ml	
Antitumor (Lung) IC30=60 ug/ml	
Antitumor (Prostate)	
Antitumor (Stomach) IC26=45 ug/ml	
Antiulcer 12 mg 3x/day/man/orl	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiulcer 15,000-25,000 IU/day	
Antixerophthalmic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
COX-1-Inhibitor IC78=50 ug/ml	
COX-2-Inhibitor IC82=50 ug/ml	
Cancer-Preventive 22 ppm	Jim Duke's personal files.
Chemopreventive	
Colorant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, Londón. 791 pp.
Gastroprotective	
Immunostimulant 180 mg/man/day/orl	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Interferon-Synergist	
Mucogenic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

Prooxidant 20 ug/g					
Thymoprotective	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).				
Ubiquiot	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
BETA-SITOSTEROL	Root	--	--	List, P.H. and Horhammer, L, Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.	
Activities (47)					
Androgenic					
Angiogenic					
Anorexic	Martindale's 28th				
Antiademonic	Merck 11th Edition				
Antiandrogenic	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. Journal of Ethnopharmacology, 28: 221-234, 1990.				
Antibacterial	Recently became Internat. J. Crude Drug Res. 28(1,2,3,4):1990, page 155.				
Anticancer (Breast)	Madhavi, D. L., Bomser, J., Smith, M., Singletary, K. 1998. Isolation of Bioactive Constituents from Vaccinium myrtillus (Bilberry) Fruits and Cell Cultures. Plant Sci., 131(1): 95-103.				
Anticancer (Cervix)					
Anticancer (Lung)					
Antiedemic IC54=320 mg/kg orl					
Antiestrogenic	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. Journal of Ethnopharmacology, 28: 221-234, 1990.				
Antifeedant	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.				
Antifertility	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. Journal of Ethnopharmacology, 28: 221-234, 1990.				
Antigonadotropic	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. Journal of Ethnopharmacology, 28: 221-234, 1990.				
Antihyperlipoproteinaemic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Antiinflammatory					
Antileukemic					
Antilymphomeric					
Antimutagenic 250 ug/ml					
Antiphidic 2.3 mg mus	Economic & Medicinal Plant Research, 5: 363.				
Antioxidant IC44=10 uM					
Antiprogestational	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. Journal of Ethnopharmacology, 28: 221-234, 1990.				
Antiprostaglandin 30 mg/day/12 wks					
Antiprostatadenomic	Merck 11th Edition				
Antiprostatic 10-20 mg 3 x/day/orl man					
Antipyretic	Neuwinger, H. D. 1996. African Ethnobotany - Poisons and Drugs. Chapman & Hall, New York. 941 pp.				
Antitumor (Breast)	Madhavi, D. L., Bomser, J., Smith, M., Singletary, K. 1998. Isolation of Bioactive Constituents from Vaccinium myrtillus (Bilberry) Fruits and Cell Cultures. Plant Sci., 131(1): 95-103.				
Antitumor (Cervix)					
Antitumor (Lung)					
Antiviral	Abid Ali Khan, M.M., Jain, D.C., Bhakuni, R.S., Zaim, M., and Thakur, R.S. 1991. Occurrence of some antiviral sterols in Artemisia annua. Plant Science, 75: 161-165, 1991.				
Apoptotic					
Artemicide LC50=110 ppm	Jung, J.H., Pummangura, S., Chaichantipyuth, C., Patarapanich, C., and McLaughlin, J.L. 1989. Bioactive Constituents of Melodorum fruticosum. Phytochemistry, 29(5): 1667-1670. 1990.				
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.				
Candidicide	Recently became Internat. J. Crude Drug Res. 28(1,2,3,4):1990, page 155.				
Caspase-8-Inducer					
Estrogenic					
Febrifuge	Neuwinger, H. D. 1996. African Ethnobotany - Poisons and Drugs. Chapman & Hall, New York. 941 pp.				
Gonadotropic	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. Journal of Ethnopharmacology, 28: 221-234, 1990.				
Hepatoprotective					
Hypocholesterolemic 2-6 g/man/day/orl	Martindale's 30th				
Hypocholesterolemic 9-3,330 mg/man/day/orl	Martindale's 28th				
Hypoglycemic	Ivorra, M.D., Paya, M., and Villar, A. 1989. A Review of Natural Products and Plants as Potential Antidiabetic Drugs. Journal of Ethnopharmacology, 27: 243-275, 1989.				
Hypolipidemic 2-6 g/day					
Pesticide					
Spermicide	Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. Journal of Ethnopharmacology, 28: 221-234, 1990.				
Ubiquiot	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Ulcerogenic 500 mg/kg ipr rat					
CALCIUM	Seed	50.0	282.0	-0.71	*
Activities (28)					
AntiPMS 1 g/day					

Antianxiety	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiarrhythmic 500-1,500 mg	
Antiarthritic 1,000 mg/day	
Antiatherosclerotic 500 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anticlimacteric 1,000-1,500 mg/day	
Antidepressant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidote (Aluminum)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidote (Lead)	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihyperkinetic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihypertensive	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiinsomniac	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antimenopausal 1,000-1,500 mg/day	
Antiobesity	
Antiosteoporotic 500-2,000 mg/day	
Antiperiodontic 750 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antirheumatic 1,000 mg/day	
Antistress 500-1,500 mg/day	
Antitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anxiolytic 500-1,500 mg/day	
Calcium-Channel-Blocker	
Diuretic	
Hypocholesterolemic 500 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Hypotensive 1 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Laxative 1,000-1,200 mg	
Tranquilizer 500-1,500 mg/day	
Vasodilator	

CAMPESTEROL	Seed	--	--	Chemical Constituents of Oriental Herbs (3 diff. books)
Activities (2)				
Antioxidant IC37=10 uM				
Hypocholesterolemic	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.			
CARBOHYDRATES	Seed	653000.0	824000.0	1.19 *
CARBOHYDRATES	Plant	--	798000.0	0.81 CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
CEREBROSIDES	Seed	--	--	Hutchings, A, Scott, AH, Lewis, G, and Cunningham, A. 1996. Zulu Medicinal Plants. An inventory. University of Natal Press, Pietermaritzburg. 450 pp.
CIS-8-OCTADECENOIC-ACID	Seed	--	--	Chemical Constituents of Oriental Herbs (3 diff. books)
COICIN	Seed	--	--	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
COIXAN-A	Seed	--	--	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Activities (1)				
Hypoglycemic ED50=10-30				
COIXAN-B	Seed	--	--	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Activities (1)				
Hypoglycemic ED50=30-100				
COIXAN-C	Seed	--	--	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Activities (1)				
Hypoglycemic ED50=>100				
COIXENOLIDE	Seed	--	2500.0	*
Activities (5)				
Antihepatotoxic				
Antiinflammatory	Hutchings, A, Scott, AH, Lewis, G, and Cunningham, A. 1996. Zulu Medicinal Plants. An inventory. University of Natal Press, Pietermaritzburg. 450 pp.			
Antineoplastic	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.			
CNS-Depressant	Hutchings, A, Scott, AH, Lewis, G, and Cunningham, A. 1996. Zulu Medicinal Plants. An inventory. University of Natal Press, Pietermaritzburg. 450 pp.			

COIXOL	Stem	--	1300.0		List, P.H. and Horhammer, L, Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Activities (4)					
Antihistaminic					
Antiinflammatory					
Antipyretic					
Tranquilizer					
COIXOL	Root	--	1600.0		List, P.H. and Horhammer, L, Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Activities (4)					
Antihistaminic					
Antiinflammatory					
Antipyretic					
Tranquilizer					
CONIFERYL-ALCOHOL	Pericarp	--	--	*	
Activities (6)					
Antiaggregant IC50=29 uM	Laekeman, G.M., Van Hoof, L., Haemers, A., Vanden Berghe, D.A., Herman, A.G., and Vlietinck, A.J. Eugenol a Valuable Compound for In Vitro Experimental Research and Worthwhile for Further In Vivo Investigation. <i>Phytotherapy Research</i> 4(3): 93, 1990.				
Antioxidant EC50=13-18 ug/ml					
Antiprostaglandin					
Antiradicular EC50=13-18 ug/ml					
Fungicide ED50=125 ug/ml	Lydon, J. & Duke, S., The potential of pesticides from plants, pp. 1-41 in Craker, L. & Simon, J., eds, <i>Herbs, Spices & Medicinal Plants: Recent Advances in Botany, Horticulture, & Pharmacology</i> , v. 4, Oryx Press, Phoenix, 1989, 267pp.				
Pesticide					
COPPER	Seed	--	5.0	-0.89	Suzuki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, <i>Shoykugaku Zasshi</i> 36(3):190-195.
Activities (12)					
Antianemic					
Antiarthritic					
Antidiabetic 2-4 mg/day	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.				
Antifatigue					
Antiinflammatory	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.				
Antinociceptive	Werbach, M. 1993. <i>Healing with Food</i> . Harper Collins, New York, 443 pp.				
Antiosteoporotic					
Cardioprotective					
Contraceptive	Martindale's 28th				
Hypocholesterolemic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.				
Immunomodulator					
Schizophrenogenic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine</i> . Avon Books, New York. 509pp.				
DIGALACTOSYL	Seed	--	--		Hutchings, A, Scott, AH, Lewis, G, and Cunningham, A. 1996. <i>Zulu Medicinal Plants. An inventory</i> . University of Natal Press, Pietermaritzburg. 450 pp.
FAT	Seed	31000.0	79000.0	-0.98	*
FAT	Plant	--	28000.0	-0.35	ANON. 1948-1976. <i>The Wealth of India raw materials</i> . Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
FERULIC-ACID	Pericarp	--	--	*	
Activities (61)					
Allelopathic	Holappa, L.D., and Blum*, U. 1991. Effects of Exogenously Applied Ferulic Acid, a Potential Allelopathic Compound, on Leaf Growth, Water Utilization, and Endogenous Abscisic Acid Levels of Tomato, Cucumber, and Bean. <i>J. of Chemical Ecology</i> , 17(5): 865.				
Analgesic	Advance in Chinese Medicinal Materials Research. 1985. Eds. H. M. Chang, H. W. Yeung, W. -W. Tso and A. Koo. World Scientific Publishing Co., Philadelphia Pa., page 69.				
Antiaggregant	Ozaki, Y. and Ma, J-P. 1989. Inhibitory Effects of Tetramethylpyrazine and Ferulic Acid on Spontaneous Movement of Rat Uterus in Situ. <i>Chem. Pharm. Bull.</i> 38(6): 1620-1623, 1990.				
Antiallergic	Leung, A. Y. and Foster, S. 1995. <i>Encyclopedia of Common Natural Ingredients</i> 2nd Ed. John Wiley & Sons, New York. 649 pp.				
Antiarrhythmic					
Antibacterial	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.				
Anticancer (Colon)					

(ForeStomach)	
Anticancer (Liver)	
Anticancer (Skin)	
Anticarcinogenic	
Antidysmenorrheic	
Antiestrogenic	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.
Antihepatotoxic	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.
Antiherpetic	
Antiinflammatory	Hagerman, A.E. <i>Tannin-Protein Interactions. Phenolic Compounds in Food and Their Effects on Health</i> , Ch.19.
Antileukemic IC50=25-56 ug/ml	Chiang, L. C., Chiang, W., Chang, M. Y., Ng, L. T., Lin, C. C. 2003. Antileukemic activity of selected natural products in Taiwan. <i>Am J Chin Med</i> , 31(1):37-46.
Antimitotic	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.
Antimutagenic	Ki Soon Rhee. <i>Oilseed Food Ingredients Used To Minimize Oxidative Flavor Deterioration in Meat Products. Phenolic Compounds in Food and Their Effects on Health</i> , Ch.18.
Antineoplastic (Stomach)	
Antinitrosaminic	Ki Soon Rhee. <i>Oilseed Food Ingredients Used To Minimize Oxidative Flavor Deterioration in Meat Products. Phenolic Compounds in Food and Their Effects on Health</i> , Ch.18.
Antioxidant 3,000 uM	
Antioxidant IC51=200 ppm	
Antioxidant 1/3 quercetin	
Antioxidant 1/2 BHA	
Antioxidant EC50=9-15 ug/ml	
Antiradicular EC50=9-15 ug/ml	
Antiradicular IC50=116-124 uM	
Antiserotonin	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.
Antispasmodic	Leung, A. Y. and Foster, S. 1995. <i>Encyclopedia of Common Natural Ingredients</i> 2nd Ed. John Wiley & Sons, New York. 649 pp.
Antithrombic	Leung, A. Y. and Foster, S. 1995. <i>Encyclopedia of Common Natural Ingredients</i> 2nd Ed. John Wiley & Sons, New York. 649 pp.
Antitumor	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.
Antitumor (Colon)	
Antitumor (ForeStomach)	
Antitumor (Liver)	
Antitumor (Skin)	
Antitumor-Promoter IC46=10 uM	Cancer Research, 48: 5941.
Antiviral	Vlietinck, A.J. and Dommissie, R.A. eds. 1985. <i>Advances in Medicinal Plant Research</i> . Wiss. Verlag. Stuttgart.
Arteriodilator	Ozaki, Y. and Ma, J-P. 1989. Inhibitory Effects of Tetramethylpyrazine and Ferulic Acid on Spontaneous Movement of Rat Uterus in Situ. <i>Chem. Pharm. Bull.</i> 38(6): 1620-1623, 1990.
Cancer-Preventive	Stitt, P. A. <i>Why George Should Eat Broccoli</i> . Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Candidicide	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.
Cardiac	Ozaki, Y. and Ma, J-P. 1989. Inhibitory Effects of Tetramethylpyrazine and Ferulic Acid on Spontaneous Movement of Rat Uterus in Situ. <i>Chem. Pharm. Bull.</i> 38(6): 1620-1623, 1990.
Cholagogue	Pharmazie, 46: 156, 1991.
Choleretic	Williamson, E. M. and Evans, F. J., <i>Potter's New Cyclopaedia of Botanical Drugs and Preparations</i> , Revised Ed., Saffron Walden, the C. W. Daniel Co., Ltd., Essex UK, 362 pp, 1988, reprint 1989.
Fungicide	Nigg, H.N. and Seigler, D.S., eds. 1992. <i>Phytochemical Resources for Medicine and Agriculture</i> . Plenum Press, New York. 445 pp.
Hepatoprotective	Mills, Simon and Bone, Kerry. 2000. <i>Phytotherapy</i> . Churchill Livingston, Edinburgh.
Hepatotropic	
Herbicide	Angewandte Botanik 68(5/6)=1994. Page 195.
Hydrocholerectic	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants</i> . Taylor & Frost, London. 791 pp.
Hypolipidemic	
Immunostimulant	Economic & Medicinal Plant Research, 1: 124.
Insectifuge	Tunon, H., Thorsell, W., and Bohlin, L. 1993. Mosquito Repelling Activity of Compounds Occurring in Achillea millefolium L. (Asteraceae). <i>Economic Botany</i> 48(2): 111-120, 1994.
Metal-Chelator	McEvily, A.J., Iyengar, R., and Gross, A.T. Inhibition of Polyphenol Oxidase by Phenolic Compounds. <i>Phenolic Compounds in Food and Their Effects on Health</i> , Ch.25.
Ornithine-Decarboxylase-Inhibitor	Hagerman, A.E. <i>Tannin-Protein Interactions. Phenolic Compounds in Food and Their Effects on Health</i> , Ch.19.
Pesticide	
Phagocytotic	
Preservative	Merck 11th Edition
Prostaglandigenic	
Prostaglandin-Synthesis-Inhibitor 0.58-3.2 mM	Xu, L. N., Yu, W. G., Tian, J. Y., Liu, Q. Y. 1990. Effect of Sodium Ferulate on Arachidonic Acid Metabolism. <i>Yao Hsueh Hsueh Pao</i> , 25(6): 412-416.
Sunscreen	Chemical Marketing Reporter; a weekly tabloid, 9/10/92.
Uterosedative 30-100 mg/kg ivn rat	Ozaki, Y. and Ma, J-P. 1989. Inhibitory Effects of Tetramethylpyrazine and Ferulic Acid on Spontaneous Movement of Rat Uterus in Situ. <i>Chem. Pharm. Bull.</i> 38(6): 1620-1623, 1990.

FERULOYL-CAMPESTEROL	Seed	--	--	*	
FERULOYL-STIGMASTEROL	Seed	--	--		Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
FIBER	Seed	2900.0	170000.0	0.28	*
Activities (15)					
Angiotensin-Receptor-Blocker					
Antidiabetic					
Antihypertensive					
Antiobesity					
Antitumor					Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiulcer					Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Beta-Blocker					
Cancer-Preventive					Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Cardioprotective					
Diuretic					
Hypocholesterolemic					
Hypotensive 10 g/man/day/orl					Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Hypouricemic					
Laxative					
Vasodilator					
FIBER	Plant	--	279000.0	0.42	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Activities (15)					
Angiotensin-Receptor-Blocker					
Antidiabetic					
Antihypertensive					
Antiobesity					
Antitumor					Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiulcer					Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Beta-Blocker					
Cancer-Preventive					Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Cardioprotective					
Diuretic					
Hypocholesterolemic					
Hypotensive 10 g/man/day/orl					Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Hypouricemic					
Laxative					
Vasodilator					
GERMANIUM	Seed	--	--		Hutchings, A, Scott, AH, Lewis, G, and Cunningham, A. 1996. Zulu Medicinal Plants. An inventory. University of Natal Press, Pietermaritzburg. 450 pp.
IRON	Seed	29.0	68.0	-0.38	*
Activities (6)					
Antiakathisic					Martindale's 29th
Antianemic					Martindale's 29th
Anticanker					
Anticheilitic					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antimenorrhagic 100 mg/day/wmn/orl					Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Prooxidant					
KILOCALORIES	Seed	1480.0	4280.0	-0.45	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
LINOLEIC-ACID	Seed	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
Activities (27)					
5-Alpha-Reductase-Inhibitor					
AntiMS					Economic & Medicinal Plant Research, 6: 189.
Antiacne					
Antiallopecic					
Antianaphylactic					Economic & Medicinal Plant Research, 6: 189.
Antiandrogenic					
Antiarteriosclerotic					

Anticorony	Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Antieczemic	Economic & Medicinal Plant Research, 6: 189.
Antifibrinolytic	Economic & Medicinal Plant Research, 1: 53.
Antigranular	
Antihistaminic	Economic & Medicinal Plant Research, 6: 189.
Antiinflammatory IC50=31 uM	
Antileukotriene-D4 IC50=31 uM	
Antimennorrheic	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine.</i> John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiprostatic	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine.</i> John Bastyr College Publications, Seattle, Washington (Looseleaf).
Cancer-Preventive	Stitt, P. A. <i>Why George Should Eat Broccoli.</i> Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Carcinogenic	Science News, 146: 421.
Comedolytic	
Hepatoprotective	
Hypocholesterolemic	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. <i>CRC Handbook of Lipids in Human Nutrition.</i> CRC Press. Boca Raton, FL. 233 pp.)
Immunomodulator	Economic & Medicinal Plant Research, 6: 189.
Insectifuge	Jacobson, M., <i>Glossary of Plant-Derived Insect Deterrents,</i> CRC Press, Inc., Boca Raton, FL, 213 p, 1990.
Metastatic	Science News, 146: 421.
Nematicide	Nigg, H.N. and Seigler, D.S., eds. 1992. <i>Phytochemical Resources for Medicine and Agriculture.</i> Plenum Press, New York. 445 pp.
Propecic	

LYSOPHOSPHATIDYLCHOLINE	Seed	--	--	Hutchings, A, Scott, AH, Lewis, G, and Cunningham, A. 1996. <i>Zulu Medicinal Plants. An inventory.</i> University of Natal Press, Pietermaritzburg. 450 pp.	
MAGNESIUM	Seed	--	1490.0	-0.58	Suzuki, A., Morimoto, I., and Okitsu, T., <i>Elution of Metals from Crude Drugs, Shoykugaku Zasshi</i> 36(3):190-195.

Activities (65)

AntiCFS	
AntiLyme 400-1,000 mg	
AntiMS	
AntiPMS 400-800 mg/day/wmn/orl	
AntiPMS 400-800 mg/day/wmn orl	
AntiRaynaud's 280-350 mg/day	
Antiaggregant 400 mg/day	
Antialcoholic	
Antianginal 400 mg/day	Werbach, M. 1993. <i>Healing with Food.</i> Harper Collins, New York, 443 pp.
Antianorectic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine.</i> Avon Books, New York. 509pp.
Antianxiety 400 mg/day	Werbach, M. 1993. <i>Healing with Food.</i> Harper Collins, New York, 443 pp.
Antiarrhythmic 400 mg/day	
Antiarthritic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine.</i> Avon Books, New York. 509pp.
Antiasthmatic	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine.</i> John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiatherosclerotic 400 mg/day	
Anticephalagic	
Anticlimacteric 500-750 mg/day	
Anticonvulsant	Facciola, S. 1998. <i>Cornucopia - A Source Book of Edible Plants.</i> Kampong Publications, Vista CA. 713 pp.
Anticorony 400 mg/day	Chalem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. <i>Syndrome X - The complete nutritional program to prevent and reservse insulin resistance.</i> John Wiley & Sons, New York. 272 pp. \$24.95
Antidepressant	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine.</i> Avon Books, New York. 509pp.
Antidiabetic 400-800 mg/man/day	
Antidysmenorrheic 100 mg 4 x/day	Werbach, M. 1993. <i>Healing with Food.</i> Harper Collins, New York, 443 pp.
Antiedometriotic 500 mg/day	
Antienterotic	
Antiepileptic 450 mg/day	
Antifatigue	
Antifibromyalgic 200-300 mg 3x/day	
Antigastric	
Antiglaucomic	
Antihyperkinetic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine.</i> Avon Books, New York. 509pp.
Antihypertensive	
Antihypoglycemic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine.</i> Avon Books, New York. 509pp.
Antiinflammatory 100 mg 4 x/day	Werbach, M. 1993. <i>Healing with Food.</i> Harper Collins, New York, 443 pp.
Antiinsomniac	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine.</i> Avon Books, New York. 509pp.

Antimastalgic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antimenopausal 500-750 mg/day	
Antimigraine 200 mg/day/man	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antimiral-valve-prolapse	
Antinephrolytic	
Antineurotic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiosteoporotic 500-1,000 mg/day/wmn/orl	
Antiplate 500-1,000 mg/day	
Antiretinopathic 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antispasmodic	
Antispasmophilic 500 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antistress 500-750 mg/day	
Antistroke 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antisyndrome-X 400 mg/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Anxiolytic 500-750 mg/day	
CNS-Depressant	Facciola, S. 1998. Cornucopia - A Source Book of Edible Plants. Kampong Publications, Vista CA. 713 pp.
Calcium-Antagonist	
Cardioprotective	
Diuretic	
Hypocholesterolemic 400 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Hypotensive 260-500 mg/day	
Immunomodulator	
Insulinogenic 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Laxative 300-500 mg/day	
Litholytic	
Myorelaxant 100 mg 4 x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Neurotransmitter	
Tranquilizer 500-750 mg/day	
Uterorelaxant 100 mg 4 x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Vasodilator	

MANGANESE	Seed	--	26.0	-0.34	Suzuki, A., Morimoto, I., and Okitsu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
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Activities (14)

AntiPMS	
Antialcoholic	Forest H. Nielsen, USDA, Grand Forks, various publications.
Antianemic	Martindale's 28th
Antiarthritic	
Antidiabetic 3-5 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antidiabetic 10-30 mg/man/day	
Antidiscotic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidyskinetic	Martindale's 28th
Antiepileptic 450 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiosteoporotic	
Antitoxic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antioxidant	
Antisyndrome-X 10-30 mg/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Hypoglycemic 10-30 mg/man/day	

MAYTENOLIDE

Pericarp -- -- *

Activities (2)

Antioxidant EC50=42-50 ug/ml
Antiradicular EC50=42-50 ug/ml

MONOGALACTOSYL-DIGLYCERIDES	Seed	--	--	Hutchings, A, Scott, AH, Lewis, G, and Cunningham, A. 1996. Zulu Medicinal Plants. An inventory. University of Natal Press, Pietermaritzburg. 450 pp.
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MYRISTIC-ACID

Seed -- -- Chemical Constituents of Oriental Herbs (3 diff. books)

Activities (6)

Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Cosmetic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Hypercholesterolemic	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Lubricant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Nematicide	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.

NIACIN	Seed	13.0	48.0	0.15	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
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Activities (39)

Allergenic	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
AntiLyme 50 mg/day	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
AntiMeniere's	
AntiRaynaud's 1,500-4,000 mg/day	
Antiacrodynic	
Antiallergic 50 mg/2x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antialzheimeran	
Antiambyopic	
Antianginal	
Anticataract	
Antichilblain	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Anticonvulsant 3 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antidementia	
Antidermatitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidiabetic	
Antidysphagic	
Antiepileptic 3 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antihangover 50 mg	
Antihistaminic 50 mg 2x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antihyperactivity 1.5-6 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiinsomnic 1 g/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antineuragic	
Antiparkinsonian 100 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antipellagric	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiscotomic	
Antispasmodic 100 mg 2x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antivertigo	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Cardioprotective	
Circulotonic	
Fibrinolytic	
Hepatoprotective	
Hepatotoxic	
Hypocholesterolemic 50-100 mg 3x/day	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Hypoglycemic	
Hypolipidemic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Sedative	
Serotonergic	
Vasodilator	Martindale's 29th

PALMITIC-ACID	Root	--	--	List, P.H. and Horhammer, L, Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
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Activities (13)

5-Alpha-Reductase-Inhibitor	
Antialopetic	
Antiandrogenic	
Antifibrinolytic	Economic & Medicinal Plant Research, 1: 53.
Antioxidant IC40=60	
FLavor FEMA 1	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
Hemolytic	Bisset, N.G., ed. 1994. Herbal Drugs and Phytopharmaceuticals. CRC Press. Boca Raton, FL. 566 pp.
Hypercholesterolemic	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)
Lubricant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Nematicide	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.

Propecic
Soap

Jeffery B. Harborne and H. Baxter, eds. 1983. *Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.* Taylor & Frost, London. 791 pp.

PHOSPHATIDYL-CHOLINE	Seed	--	--	Hutchings, A, Scott, AH, Lewis, G, and Cunningham, A. 1996. <i>Zulu Medicinal Plants. An inventory.</i> University of Natal Press, Pietermaritzburg. 450 pp.
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Activities (2)

Antialzheimeran 10-25 g/day/orl	Pizzorno, J.E. and Murray, M.T. 1985. <i>A Textbook of Natural Medicine.</i> John Bastyr College Publications, Seattle, Washington (Looseleaf).
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PHOSPHATIDYL-ETHANOLAMINE	Seed	--	--	Hutchings, A, Scott, AH, Lewis, G, and Cunningham, A. 1996. <i>Zulu Medicinal Plants. An inventory.</i> University of Natal Press, Pietermaritzburg. 450 pp.
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PHOSPHATIDYL-INOSITOL	Seed	--	--	Hutchings, A, Scott, AH, Lewis, G, and Cunningham, A. 1996. <i>Zulu Medicinal Plants. An inventory.</i> University of Natal Press, Pietermaritzburg. 450 pp.
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PHOSPHATIDYL-SERINE	Seed	--	--	Hutchings, A, Scott, AH, Lewis, G, and Cunningham, A. 1996. <i>Zulu Medicinal Plants. An inventory.</i> University of Natal Press, Pietermaritzburg. 450 pp.
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PHOSPHOLIPIDS	Seed	--	18300.0	0.62	Leung, A. Y. and Foster, S. 1995. <i>Encyclopedia of Common Natural Ingredients</i> 2nd Ed. John Wiley & Sons, New York. 649 pp.
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PHOSPHORUS	Seed	500.0	5000.0	-0.09	*
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Activities (4)

Antiosteoporotic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine.</i> Avon Books, New York. 509pp.
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Anxiolytic

Immunostimulant	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine.</i> Avon Books, New York. 509pp.
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Osteogenic

PHYTIN	Seed	--	--	Chemical Constituents of Oriental Herbs (3 diff. books)
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POTASSIUM	Seed	--	2360.0	-0.9	Suzuki, A., Morimoto, I., and Okitsu, T., <i>Elution of Metals from Crude Drugs,</i> Shoykugaku Zasshi 36(3):190-195.
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Activities (14)

Angiotensin-Receptor-Blocker

Antiarrhythmic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine.</i> Avon Books, New York. 509pp.
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Antidepressant

Antifatigue	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine.</i> Avon Books, New York. 509pp.
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Antihypertensive

Antispasmodic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine.</i> Avon Books, New York. 509pp.
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Antistroke

Anxiolytic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine.</i> Avon Books, New York. 509pp.
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Beta-Blocker

Cardioprotective 3,000-5,000 mg	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine.</i> Avon Books, New York. 509pp.
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Cardiotoxic 18,000 mg/man/day

Diuretic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine.</i> Avon Books, New York. 509pp.
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Hypotensive

Vasodilator	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine.</i> Avon Books, New York. 509pp.
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PROTEIN	Seed	81000.0	262000.0	0.25	*
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PROTEIN	Plant	--	85000.0	-0.72	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
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RIBOFLAVIN	Seed	0.6	2.1	-0.55	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
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Activities (15)

AntiLyme 50 mg/day

Antiarabiflavinotic 2-10 mg/day orl	Martindale's 28th
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Anticarpal-Tunnel 50 mg/day

Anticataract 15 mg/day	Werbach, M. 1993. <i>Healing with Food.</i> Harper Collins, New York, 443 pp.
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Anticephalitic

Anticervicaldysplastic 1.6-10 mg/day	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine.</i> Avon Books, New York. 509pp.
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Anticheilitic

Antidecubitic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine.</i> Avon Books, New York. 509pp.
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Antiglossitic

Antikeratitic	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine.</i> Avon Books, New York. 509pp.
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Antimigraine

Antioxidant	Davies, S., and Stewart, A. 1990. <i>Nutritional Medicine.</i> Avon Books, New York. 509pp.
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Antipellagric

Cancer-Preventive					Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
SAPONIN	Seed	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
SODIUM	Seed	--	4.0	-0.71	Suzuki, A., Morimoto, I., and Okitzu, T., Elution of Metals from Crude Drugs, Shoykugaku Zasshi 36(3):190-195.
Activities (1)					
Hypertensive	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.				
STARCH	Seed	500000.0	790000.0	1.94	*
Activities (5)					
Absorbent	Martindale's 29th				
Antidote (Iodine)	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Antinesidioblastosic	Martindale's 29th				
Emollient	Martindale's 29th				
Poultice	Martindale's 29th				
STEARIC-ACID	Root	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Activities (8)					
5-Alpha-Reductase-Inhibitor					
Cosmetic	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
FLavor FEMA 2-4,000	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry				
Hypocholesterolemic	Spiller, G. A. 1996 (Spiller, G. A. Ed. 1996. CRC Handbook of Lipids in Human Nutrition. CRC Press. Boca Raton, FL. 233 pp.)				
Lubricant	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
Perfumery	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry				
Propecic					
Suppository	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.				
STERYL-GLYCOSIDES	Seed	--	--		Hutchings, A, Scott, AH, Lewis, G, and Cunningham, A. 1996. Zulu Medicinal Plants. An inventory. University of Natal Press, Pietermaritzburg. 450 pp.
STIGMASTANOL	Plant	--	--	*	
STIGMASTEROL	Seed	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
Activities (12)					
Antihepatotoxic					
Antiinflammatory	Lawrence Review of Natural Products, 1995				
Antinociceptive					
Antiophidic 2.3 mg ipr mus	Economic & Medicinal Plant Research, 5: 363.				
Antioxidant IC33=10 uM					
Antiviral	Abid Ali Khan, M.M., Jain, D.C., Bhakuni, R.S., Zaim, M., and Thakur, R.S. 1991. Occurrence of some antiviral sterols in Artemisia annua. Plant Science, 75: 161-165, 1991.				
Artemicide LC50=110 ppm	Jung, J.H., Pummangura, S., Chaichantipyuth, C., Patarapanich, C., and McLaughlin, J.L. 1989. Bioactive Constituents of Melodorum fruticosum. Phytochemistry. 29(5): 1667-1670. 1990.				
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.				
Estrogenic					
Hypocholesterolemic	Nigg, H.N. and Seigler, D.S., eds. 1992. Phytochemical Resources for Medicine and Agriculture. Plenum Press, New York. 445 pp.				
Ovulant					
Sedative					
SYRINGARESINOL	Pericarp	--	--	*	
Activities (1)					
Calcium-Antagonist IC50=265 uM gpg (weak activity)					
SYRINGIC-ACID	Pericarp	--	--	*	
Activities (6)					
Allelopathic					
Antioxidant IC39=30 ppm					

Antiperoxidant IC10-70=100-200 ug/ml

Antiradicular EC50=5.5-8 ug/ml

Ubiquot

Jeffery B. Harborne and H. Baxter, eds. 1983. *Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.* Taylor & Frost, London. 791 pp.

THIAMIN	Seed	2.8	3.2	-0.81	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Activities (31)					
Analgesic 1-4 g/day					Werbach, M. 1993. <i>Healing with Food.</i> Harper Collins, New York, 443 pp.
AntiLyme 50 mg					
Antialcoholic 50-100 mg/day					
Antialzheimeran 100-3,000 mg/day					Werbach, M. 1993. <i>Healing with Food.</i> Harper Collins, New York, 443 pp.
Antianorectic					Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Antibackache 1-4 g/day					Werbach, M. 1993. <i>Healing with Food.</i> Harper Collins, New York, 443 pp.
Antiberiberi					
Anticanker					
Anticardiospasmic					
Anticataract					
Anticolitic					
Antidecubitic					
Antideliriant					
Antidementia					
Antidyspeptic					
Antiecephalopathic					Martindale's 29th
Antifatigue					Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Antigastric					Jeffery B. Harborne and H. Baxter, eds. 1983. <i>Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.</i> Taylor & Frost, London. 791 pp.
Antihangover 50 mg					
Antiheartburn					
Antiherpetic					
Antimigraine					
Antimyocarditic					
Antineuragic 1-4 g/day					Werbach, M. 1993. <i>Healing with Food.</i> Harper Collins, New York, 443 pp.
Antineurasthenic					
Antineuritic					
Antineuropathic 50 mg					Werbach, M. 1993. <i>Healing with Food.</i> Harper Collins, New York, 443 pp.
Antipoliomyelic					
Insectifuge 75-150 mg/man/day	Seed	89000.0	113000.0	-0.44	Martindale's 28th
Neuroprotective					
Pesticide					

WATER	Seed	89000.0	113000.0	-0.44	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
ZINC	Seed	--	20.0	-0.71	Suzuki, A., Morimoto, I., and Okitsu, T., <i>Elution of Metals from Crude Drugs,</i> Shoykugaku Zasshi 36(3):190-195.

Activities (77)

ACE-Inhibitor

Analgesic

AntiBPH 25-60 mg/day

AntiCrohn's

AntiHIV

Antiacne 135 mg/day

Antiacrodermatitic 8-34 mg/day/orl/chd

Antialcoholic

Antialopeptic

Antialzheimeran 50 mg/day

Antiangiogenic

Antianorexic

Antiarthritic 50 mg/3x/day/orl/man

Anticanker 100 mg/day

Anticataract 30 mg/day

Anticoeliac

Anticold 50 mg

Anticolitic

Davies, S., and Stewart, A. 1990. *Nutritional Medicine.* Avon Books, New York. 509pp.

Martindale's 29th

Davies, S., and Stewart, A. 1990. *Nutritional Medicine.* Avon Books, New York. 509pp.

Werbach, M. 1993. *Healing with Food.* Harper Collins, New York, 443 pp.

Werbach, M. 1993. *Healing with Food.* Harper Collins, New York, 443 pp.

Martindale's 28th

Davies, S., and Stewart, A. 1990. *Nutritional Medicine.* Avon Books, New York. 509pp.

Davies, S., and Stewart, A. 1990. *Nutritional Medicine.* Avon Books, New York. 509pp.

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

Antidandruff	
Antidermentia	
Antidiabetic 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antidote (Cadmium)	Let's Live, May 1989.
Antidysgeuzic	
Antieczemic 150 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antinecephalopathic	Martindale's 29th
Antiepileptic 100 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antifibrotic 30 mg	
Antifuruncular 45 mg/3x/day/man	Martindale's 28th
Antihangover 15 mg	
Antiherpetic? 25-60 mg/day	
Antiimpotence	Martindale's 29th
Antiinfective 50 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiinfertility 60 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiinsomniac	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antilepric	Martindale's 29th
Antileukonychic	
Antilymphomeric	
Antimaculitic	
Antimetastatic	
Antineuropathic	
Antinyctalopic	
Antiobesity 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antosteoporotic	
Antiperiodontic	
Antiplaque	Martindale's 29th
Antiprolactin	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiprostatitic 50 mg/man/day/orl	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antirheumatic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiseptic 50 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antispase-Tire 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antistomatitic 50 mg/man/3x/day	Martindale's 28th
Antisyndrome-X 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antitinnitin 60-120 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antitriglyceride 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antiulcer 50 mg/3x/day/man	Martindale's 28th
Antiulcer 88 mg/rat/day/15 days	
Antiviral?	Martindale's 29th
Astringent	Martindale's 28th
Collagenic	
Copper-Antagonist	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Deodorant	Martindale's 29th
Detoxicant (Alcohol)	
Ergogenic	
Hypotensive 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Immunomodulator	
Immunostimulant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Immunosuppressant 300 mg/day/6 wks/orl/man	Martindale's 29th
Insulinogenic 30 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Leptogenic 30-60 mg/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Mucogenic	Li, K.M. Effect of zinc sulphate on acetic acid-induced gastric ulceration in rats. <i>J. Pharm. Pharmacol.</i> 42: 657-659, 1990.
NF-kB-Inhibitor	
Pesticide	
Spermigenic 60 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Testosteronogenic 60 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Trichomonicide	Martindale's 29th
Vulnerary	Martindale's 28th

